



Sunset Times

November 2018

To join the Sunset Times email list, please email abushue@seniorsservices-ecco.org or check out our webpage at www.seniorservices-ecco.org



Senior Services will be closed on Monday, November 12th in honor of Veterans Day & Thursday, November 22nd & Friday, November 23rd for Thanksgiving.

On behalf of all of us at Senior Services of Effingham County, we wish you a very Happy Thanksgiving!

14th Annual Effingham County Thanksgiving Day Dinner



The Effingham County Fish Organization is sponsoring the 14th Annual Free Effingham County Thanksgiving Day Dinner on **Thursday, November 22, 2018** at Cornerstone Christian Church, 3600 South Banker St., Effingham, IL.

This free dinner is open to all Effingham County residents and their families who would like to enjoy Thanksgiving with others. The dinner will be on **Thanksgiving Day Starting at 11:30 a.m.** Home delivered meals will be available for homebound individuals. There will also be transportation available to pick up and take home those people in need of a ride.

For those persons wishing to attend the meal, please RSVP by November 19, 2018 by contacting Susan Elke at 217-868-5913, Harold Heth at 217-868-2854 or Effingham Senior Center at 217-347-5569. Please let us know when you RSVP if you need transportation.

For those who need home delivered meals, please contact the Senior Center at 217-347-5569 by November 19, 2018.

We are in need of volunteers to help set up, package and deliver meals to the homebound, transport individuals who need transportation to and from the church and serve those people attending the meal. If you are interested in volunteering, please contact Susan Elke at 217-868-5913.

(This is not a dinner just for Seniors. All in the county and their families are welcome)

Senior Services of Effingham County is open to the public, and many activities and trips are designed for people of all ages.

Operating hours are Monday through Friday – 8:00 am to 4:00 pm

Closed for Lunch daily from 11:30 am to 12:00 pm

Phone: 217-347-5569 or toll free 1-800-232-1790

www.seniorservices-ecco.org



MONTHLY POTLUCK AT THE SENIOR CENTER

November 1st at 11:30 am

Sponsored by The Villas of Hollybrook



The Villas of Hollybrook will be providing fried chicken as the entrée for this event. All who would like to attend are encouraged to bring a healthy serving to share in a covered dish, minimum 2qt side dish.

Lindsey Runde, Executive Director of The Villas of Hollybrook, will be making a short presentation. At 10:30 am St. Anthony Hospital will be here to check your blood pressure. Call 217-347-5569 to register.

SUCCESSFUL AGING IN THE 21ST CENTURY

Please join representatives from First National Bank for some food and fun!

This event will take place on **Thursday, November 15th, 2018 at 11:00 am** in the Activity Center. First National Bank will be providing seniors with a free lunch. The entrée for this delicious lunch will be pork loin w/ barbecue sauce on the side! Following lunch, we will play a few games of "Banking Bingo".

Please call 217-347-5569 to make your reservation!



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a FREE program REQUIRED and GOVERNED by Illinois Law. There are no fees and no hidden costs. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs. You'll be surprised at what you have missed by not being able to hear!



Blood Pressure Checks

- **Thursday, Nov. 1st : 10:30 – 11:30**
Effingham Senior Center
- **Wednesday, Nov. 7th : 9:00 - 9:30**
Effingham Catholic Charities
- **Thursday, Nov. 8th : 11:30-12:00**
Dieterich Civic Center
- **Monday, Nov. 26th : 11:00-11:30**
Altamont Municipal Building
- **Tuesday, Nov 27th : 10:30 – 11:30**
Jasper County Senior Center



SHIP

(Senior Health Insurance Program)

Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217)347-5569 to make an appointment.

"This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency".

You are invited to the 2nd annual



FALL FESTIVAL

Where: Senior Services of Effingham County Activity Center

When: Tuesday, November 6, 2018

Time: 12:00 p.m.

Come and join us for a fun filled afternoon!

We will be serving chilli, hot dogs, cheese & crackers, cookie & a drink starting at 12:00 pm.

The Chuckwagon Gang will be providing music entertainment from 1:00 - 3:00 pm.



Community Care Program

“....helping older people live independently”



Did you know that Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are: Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are your direct linkage to all the information you need regarding community based services that can give you many added benefits that enhance your quality of life. As you prepare to retire or if you become disabled, the staff members in our offices will assist you with the services that will allow you to remain in your own home, and keep you out of a nursing home, as long as nursing home placement is not necessary for you. We will send out staff to your home at no cost to discuss your needs and goals, and to help you choose what services might be right for you. Services include In-Home Service, Adult Day Services, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Senior Companion. If you qualify for services, the staff member will work with you to determine your needs, set up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs. For additional information or to make a referral for someone you feel could benefit from the program call 217-347-5569. Call today...We can assess your needs and keep you at home.

Rules of the Road

Will be held in the
Activity Center on
Friday, November 2nd
from 9:30 am – 11:30 am



Coffee Club

All Are Welcome To Attend
(Men & Women)



Busses are available to take you to
this event and it's a great way to
get out and
enjoy some good conversation!

Call ECPT 1-855-755-2478
24 hrs in advance for pick up!

It's Movie Time!

When: Tuesday, Nov. 27th at 1:00 pm

Where: Senior Center

Feature Movie: "On Golden Pond"

Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. *At Golden Pond*, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms. ... Katharine Hepburn, Henry Fonda, Jane Fonda.

Popcorn and drinks will be provided.

Reserve a seat by calling 217-347-5569!



CELEBRATE! CELEBRATE! CELEBRATE!
Please join us for cake and
ice cream on Thursday,
November 29th at 1:00 p.m.
for those celebrating
a birthday this month.
Sponsored by Senior Services
and Aperia Care. A special
November Birthday gift will
be given at the party
compliments of
Effingham Health and Rehab.
CELEBRATE! CELEBRATE! CELEBRATE!

Senior Services would like to extend a **BIG "Thank You"** to our
October volunteers! Doesn't it make you feel good to volunteer?



Janet Pagel – 1 hr
Gerry Hoene – 2 hrs
Mary Edwards – 9 hrs
Kate Walk – 4 hrs
Sonja Martin – 2 hrs
Cindy Martens – 6 hrs

Grace Boldt – 2 hrs
Ed Eckert – 1 hrs
Dalyne Sapp – 16 hrs
Sara McKinney – 6 hrs
June Harris – 9 hrs
Sharon Bludworth – 28 hrs



Don't forget to "FALL BACK" (turn your clocks back an hour) & change your smoke detector battery on the night of Saturday, November 3rd!

Join us for 2 FREE Lunch & Learn Programs:

Orthopedics

Specializing in Upper Extremities & Hand Surgery

11:30 am – 1:00 pm

Friday, November 9, 2018

Senior Services of Effingham County Activity Center

Presented by Frank Lee, MD,FAAOS. Bring your questions to ask Dr. Lee and enjoy a free lunch. For more information, and to reserve a seat, please call 217-258-2420 or 217-347-5569.



Otolaryngology

Specializing in Ears, Nose & Throat

11:30 am – 1:00 pm

Monday, November 19, 2018

Senior Services of Effingham County Activity Center

Presented by Charly Nguyen, MD. Bring your questions to ask Dr. Nguyen and enjoy a free lunch. For more information, and to reserve a seat, please call 217-258-2420 or 217-347-5569.



Happy September Birthday!!

Doris Jansen, Ella Mae Key, & Linda Hubbartt



NAMI – EFFINGHAM REGION

Wednesday, November 14, 2018 at 5:00 pm

Monthly Family Support Group Meeting

Do you need help supporting a loved one, family member, friend, neighbor, or have concerns about someone you know suffering from mental illness? Are you trying to navigate the ever changing system to get help? WELCOME, we've all been there. We don't claim to have all the answers, but together we will help you look for them and share our experiences... You are not alone.

Finger foods and refreshments will be there, and you are welcome to bring your own to share if you wish.

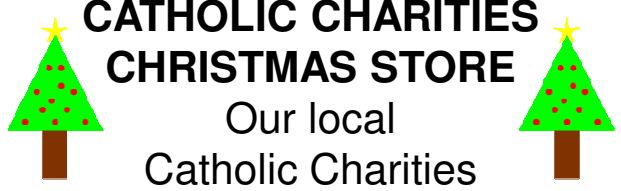
Join us at Heartland Human Services, 1200 N Fourth Street, Effingham, IL. Enter the North Doors and look for the NAMI sign.



Remember....Annual Open Enrollment Medicare Part D/Prescription Plan



Open Enrollment Period begins October 15th thru December 7th. This is a great time for you to review your current coverage and compare different plans that carry your specific prescriptions and see if there is a better plan available to you.



CATHOLIC CHARITIES CHRISTMAS STORE

Our local
Catholic Charities

will be collecting new toys and non-perishable goods beginning **Nov. 1st**. Please bring your donations to the Center and place them in the containers located in the reception area as well as the activity area.



Hometown Christmas

November 30, 2018
5:00 pm - 9:00 pm

Come and enjoy: ice skating, children's train rides, horse-drawn carriage rides, live Christmas music, Santa visits, & children's activities on the Effingham County Courthouse Museum lawn. We will also have the official City of Effingham Community Christmas Tree Lighting.



The Wonderland in Lights display at Community Park

The display opens November 22nd and runs until January 2nd. Hours are from 5pm to 9pm Sunday through Thursday, and from 5pm to 10 pm Friday and Saturday. Community Park is located on East Temple Ave. Effingham, IL. Wonderland in Lights, a drive-through light display, features a variety of lighted holiday scenes including reindeer flying, Santa coming down the chimney, and a Nativity scene. The Wonderland lights is free, but donations are welcome.

4th Annual All I want for Christmas Craft Fair
November 18th, 2018
10 am - 4 pm
Thelma Keller Convention Center
1202 N Keller Dr
Effingham IL
70+ Crafters and Vendors
NO ADMISSION!!
Huge Variety of items for all of your Shopping needs!!
Visa Gift Card Giveaways just for walking through, be sure to enter to win!!



Take Off Pounds Sensibly

Are you ready to stop dieting and start making real changes with good choices? We can't guarantee weight loss just by attending meetings, but we can offer support through each stage of the journey. Come and join the TOPS (Take Off Pounds Sensibly) group here at the Senior Center. They meet every Wednesday morning at 9:00 am.



The National Active and Retired Federal Employees Association (NARFE) has been safeguarding and improving the earned rights and benefits of America's active and retired federal employees since 1921. NARFE represents some five million federal workers, retirees, and spouses and their survivors. The local NARFE group holds their monthly luncheon on the 2nd Wednesday at 11:00 am at the Effingham Senior Center.

Emergency Home Response Service: (EHRS)

EHRS is a Community Care Program core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.



Emergency Home Response Service (EHRS) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting

of a base unit and an activation device worn by the participant that will automatically link the older adult to a professionally trained staffed support center. For more information on Emergency Home Response Services in your community, contact Senior Services at 217-347-5569.

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.

Long-Term Care Ombudsman

Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and quality of life for those who reside in long-term care facilities. If you have a concern, complaint, or question regarding long-term care, please call **Terri Simpson, Regional Ombudsman, at 217-347-5569 or 1-800-283-4070.**



Foot Clinic

Bring your toes, tubs, and towels to the Senior Center on November 6th or November 20th.

Megan, who is a State of Illinois-Licensed Cosmetology/Nail Technician, will be trimming toenails at 1:00 pm on both of these days. The fee for this service is \$15, payable to the technician.



- If you can not make the above dates, Megan will also be holding a toenail clinic at the Dieterich Kluthe Center on November 13th at 1:00 pm.

Tuesday Evening Meal



Join us for the Tuesday Evening Meal, November 6th at 5:00 pm at Senior Services, where you will find good food, fun, and friends. Please call (217) 347-5569 to make a reservation. For transportation, call ECPT at 1-855-755-2478 by the Monday before the meal. Meals are a suggested donation of \$3.50, but no one will be denied for inability to make a donation.



Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for Thursday, November 8, 2018 in the Activity Center from 11:00 AM until 1:00 PM.

Each doctor has graciously donated this time in effort to listen, hear, and answer your medical questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present:
Dr. Timothy Gray, MD.



Lunch will be complimentary and provided courtesy of:
The Villas of Holly Brook



Reservations for Dine with A Doc® are required and can be made by contacting the center at 217-347-5569, seating will be limited to 100 individuals.

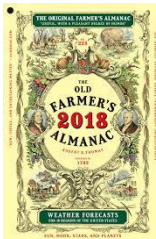


TRANSPORTATION IS AVAILABLE FOR

Tuesday Evening Meal
And
Wed & Friday
Morning Coffee Club Call:
1-855-755-2478 in advance
for your ride.



November 2018: Temperature 50 degrees (4 degrees above avg); Precipitation 4" (0.5" below avg. east, 2" above west);



- November 1-4: Rain to snow, cold.
- November 5-7: Sunny, turning warm.
- November 8-16: Scattered showers, mild.
- November 17-20: Rainy, mild.
- November 21-26: Sunny; cool, then mild.
- November 27-30: Rain, then flurries, cold.



Having Trouble Finding a Ride?

Let **ECPT** take you where you need to go!

Call to Schedule Your Ride Today!

1-855-755-2478

GET ON THE BUS & RIDE WITH US!!

IN-COUNTY TRANSPORTS
\$3 per one-way trip

MONTHLY PASS
Monthly Pass \$35
Disabled Pass \$15

DISCOUNT TICKETS
Book of 10 \$20
(No Expiration Date)

SENIORS
Ride for Free
Donations are accepted

DISPATCH HOURS
Monday-Friday from 6am-6pm
TRANSPORTATION HOURS
Monday-Saturday from 6am 8pm

Effingham County Public Transportation

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

Find us on **facebook.**

Effingham County operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (217)342-4990 or via the web at <http://www.cefseoc.org/CIPT/CIPT.htm>

November



Effingham County Public Transportation
Effingham Saturday Trips



Call 1-855-755-2478 to Reserve Your Seat Today!

November 3rd – Effingham & Greenup, IL

Effingham Downtown Holiday Open House
& Cameo Vineyards, Lunch at: Karla's Kitchen



November 10th – Gifford, IL

Gordyville Flea Market, Lunch at: Stagecoach Steakhouse

November 17th – Arthur, IL

Downtown Flea Market & Holiday Open House, Lunch at: Monical's

November 24th – Champaign, IL

Market Place Mall, Lunch at: Market Place Mall



To Schedule a ride contact CIPT at 1-855-755-2478 by 12:00
Noon the Friday before the trip.

MENU



The Villas of
HOLLY BROOK
EFFINGHAM
Assisted Living

BRING THIS
AD & RECEIVE
LUNCH
ON US!



Because Everyone Deserves a Great Life!

**ALL INCLUSIVE MONTHLY RATES
NO HIDDEN FEES!**

Amenities Include:

Theatre Room · Beautiful Courtyard · Free Wi-Fi · Beauty Salon
Outdoor Fireplace · Four Seasons Room · Pets Welcome

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904 W. Evergreen Ave · Effingham, IL



Calendar